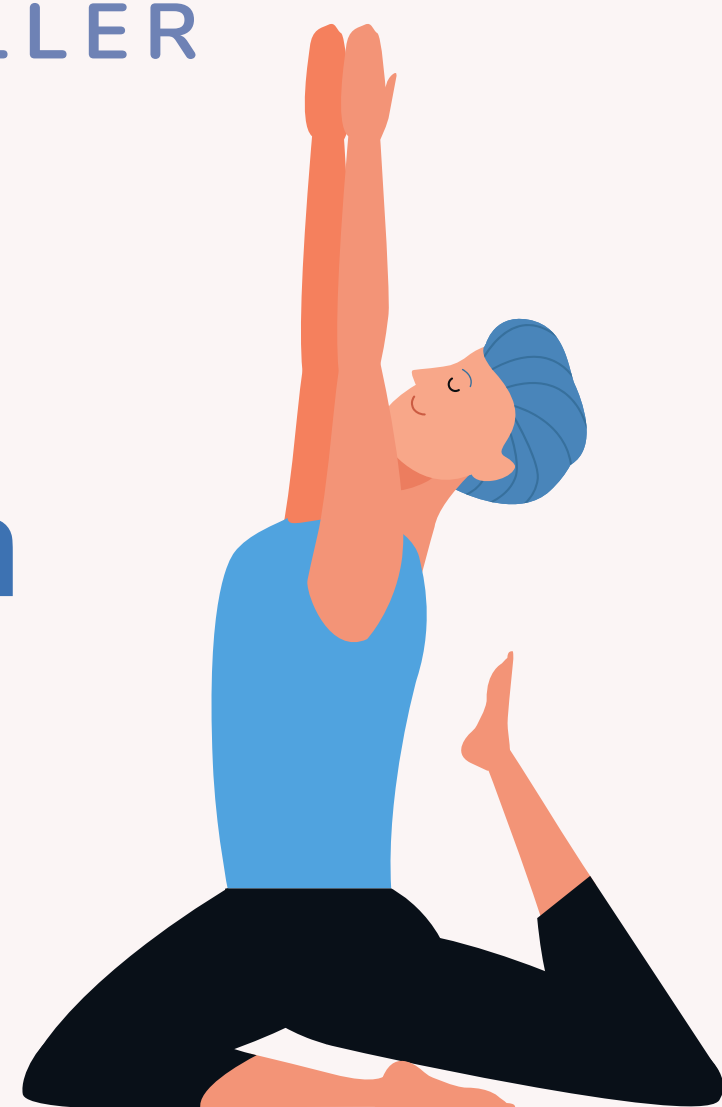


Pilates

PILATES FOCUSES ON CORE STRENGTHENING (ABDOMINALS) AND HELPS RESHAPE THE BODY BY CREATING LONG, LEAN MUSCLES. IT ALSO HELPS TO STRENGTHEN THE BACK MUSCLES AND INCREASES FLEXIBILITY. PILATES CLASS UTILIZES RESISTANCE BANDS, PILATES CIRCLES AND BALLS.

INSTRUCTOR: CLAUDIA ZOELLER

Tuesdays
March 15 - April 26
No class 3/22
Time: 7:15 - 8:15 pm
Ages: 16 and over



Please Bring A Yoga Mat

Fee:
Resident \$72.00
Non-Resident \$102.00
6 Weeks = 6 Classes

Registration Begins:
Residents - January 31
Non-Resident - February 16

Registration and Classes held at the
Surfside Community Center
9301 Collins Avenue

PROOF OF RESIDENCY IS REQUIRED
AT THE TIME OF REGISTRATION.

Drop in fee per class:
Residents \$15
Non-Residents \$23

Interested in our Class Cards?
Ask the front desk for more information

*CHANGES/CANCELLATIONS ARE SUBJECT TO ADMINISTRATIVE FEES



For more information call the
Surfside Community Center (305) 866 - 3635
Website: www.townofsurfsidefl.gov

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PARKS
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